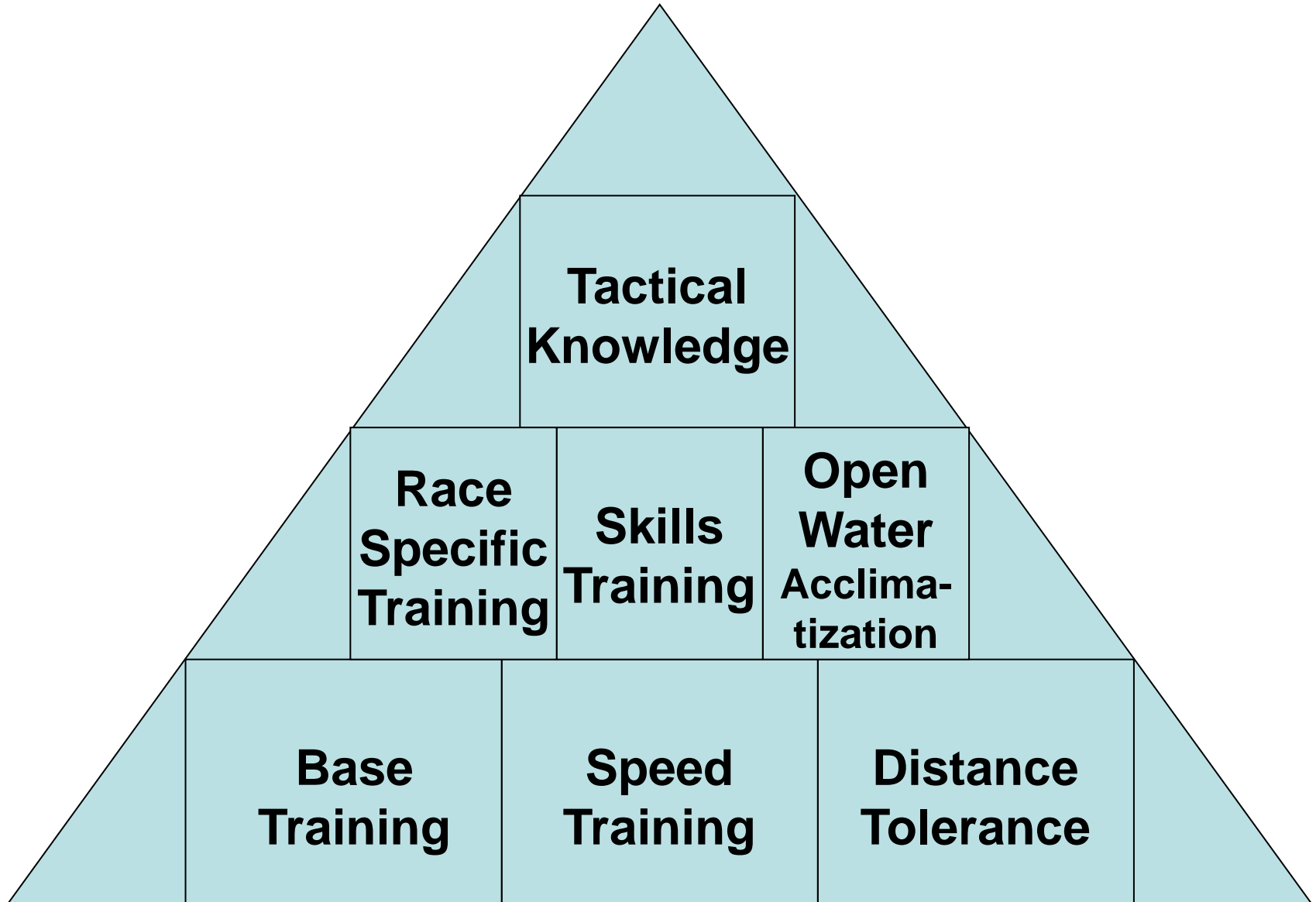
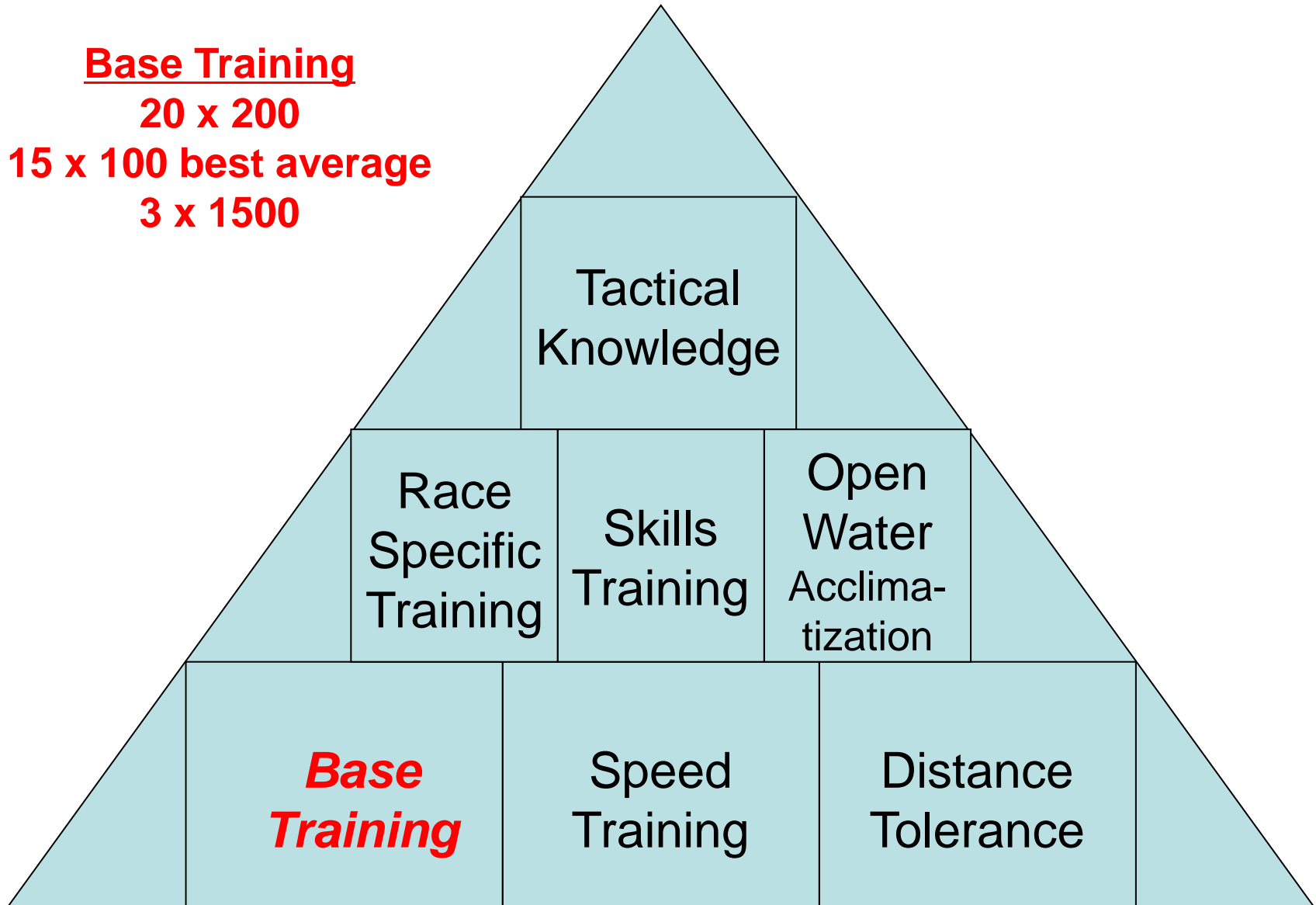


The Pyramid of Open Water Success



The Pyramid of Open Water Success



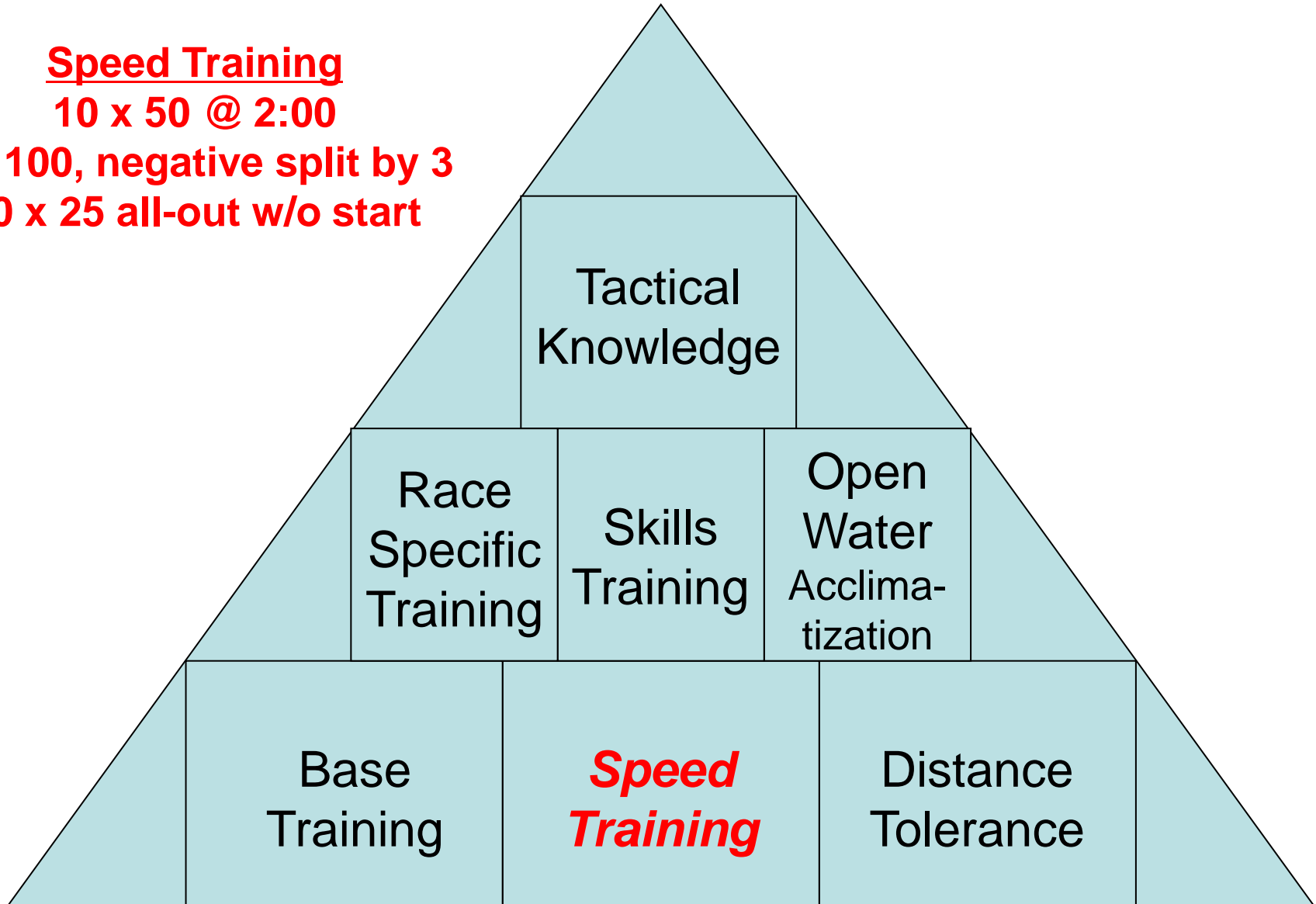
The Pyramid of Open Water Success

Speed Training

10 x 50 @ 2:00

5 x 100, negative split by 3

10 x 25 all-out w/o start



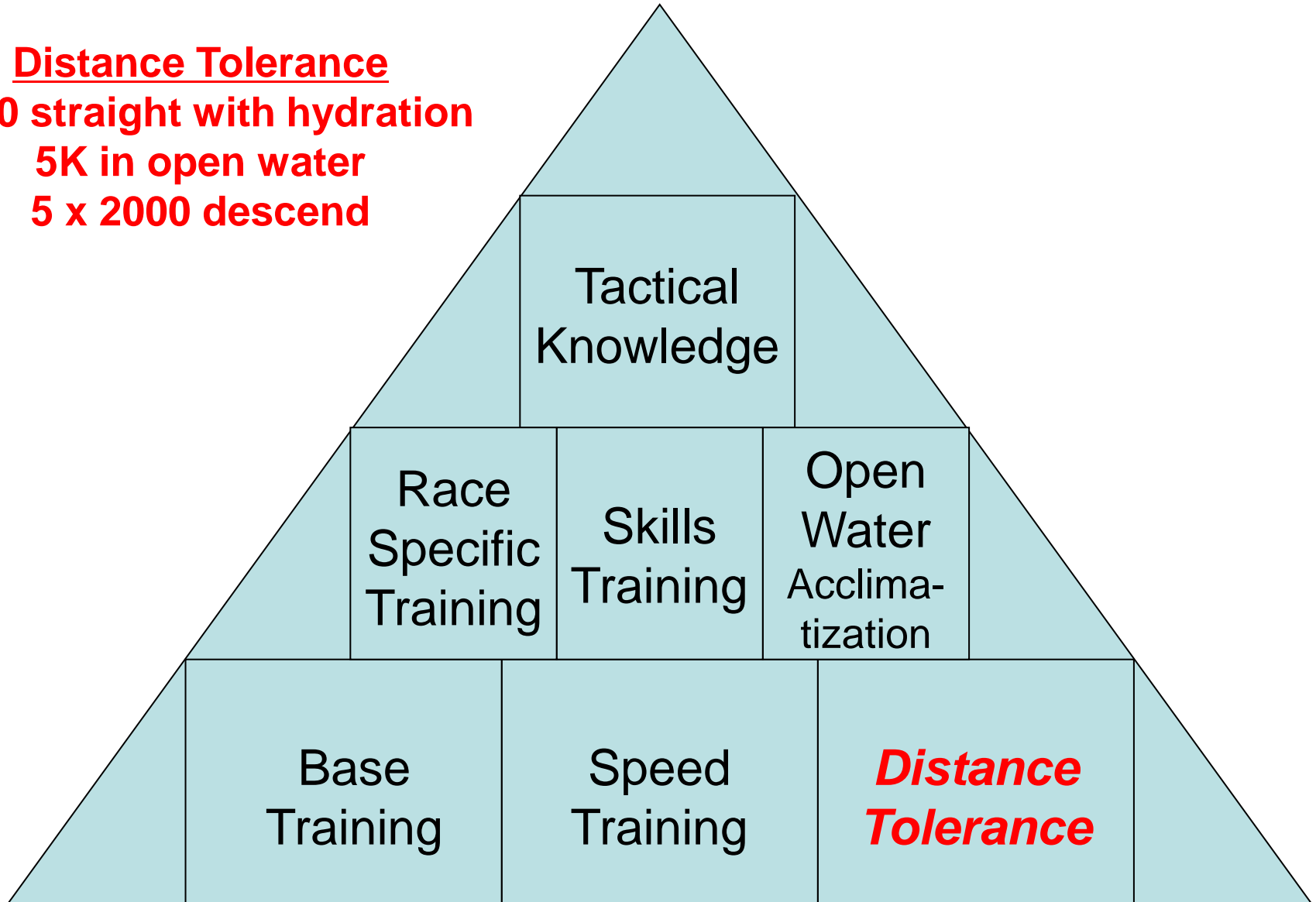
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Distance Tolerance

3000 straight with hydration

5K in open water

5 x 2000 descend



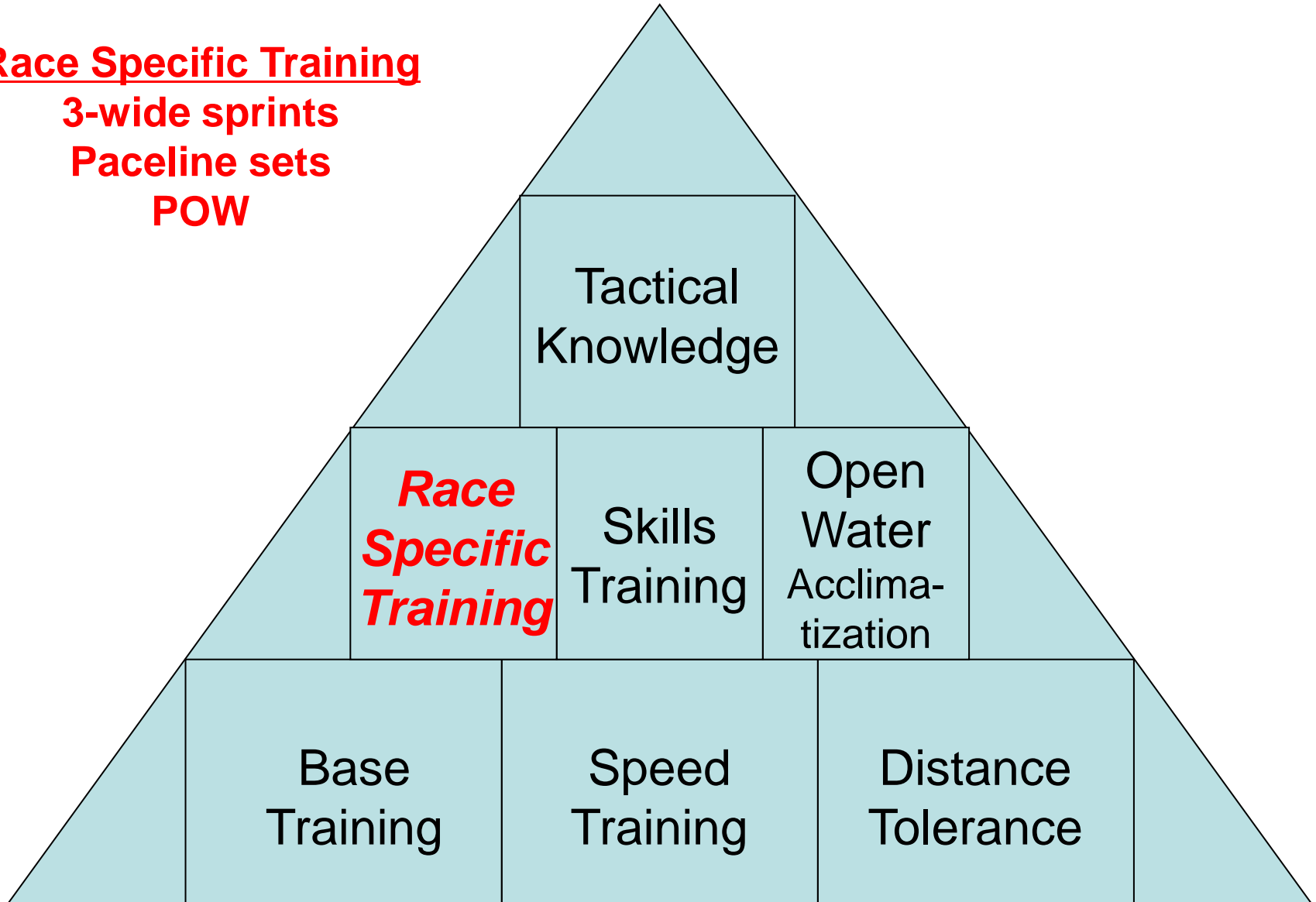
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Race Specific Training

3-wide sprints

Paceline sets

POW



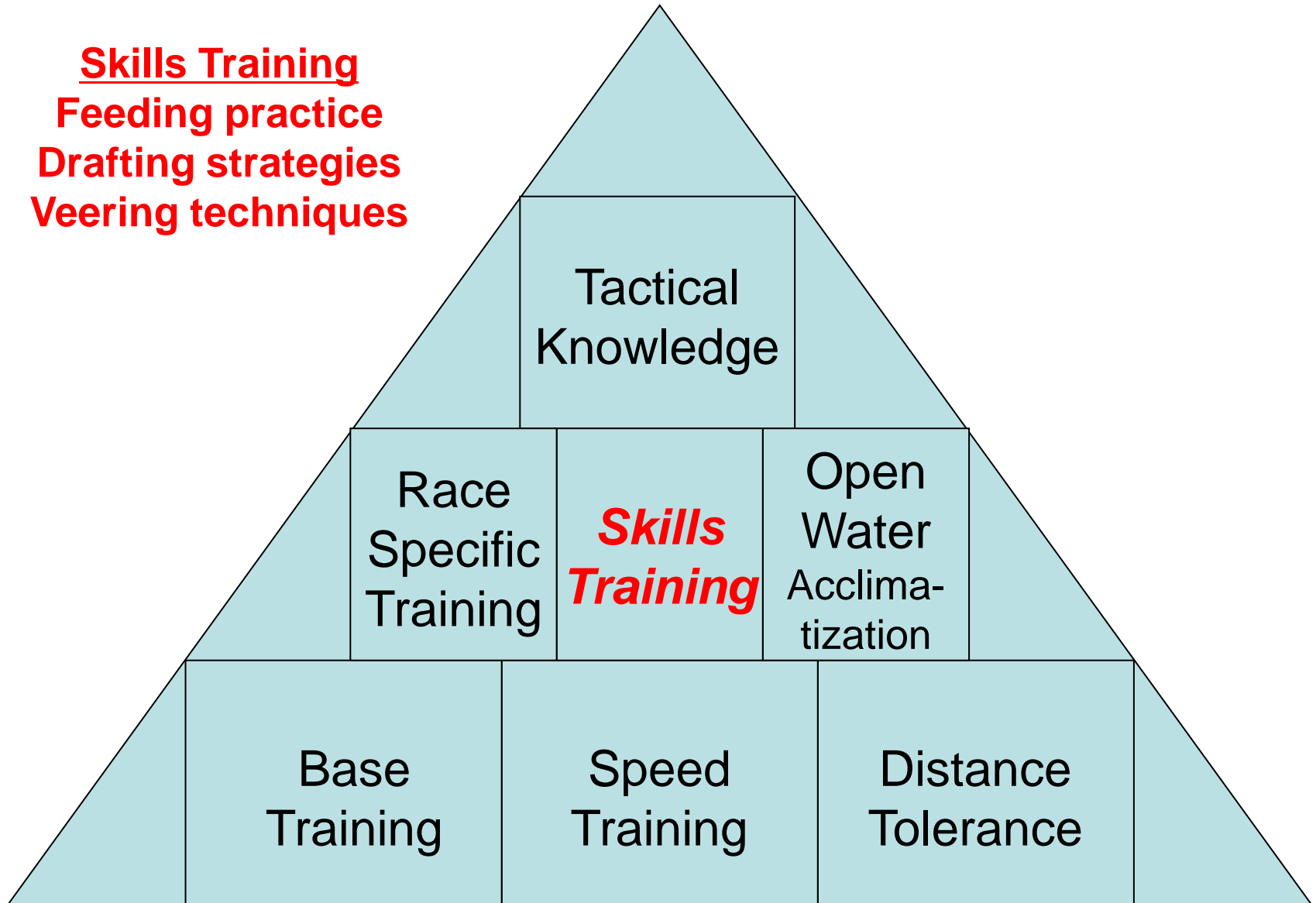
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Pool Open Water

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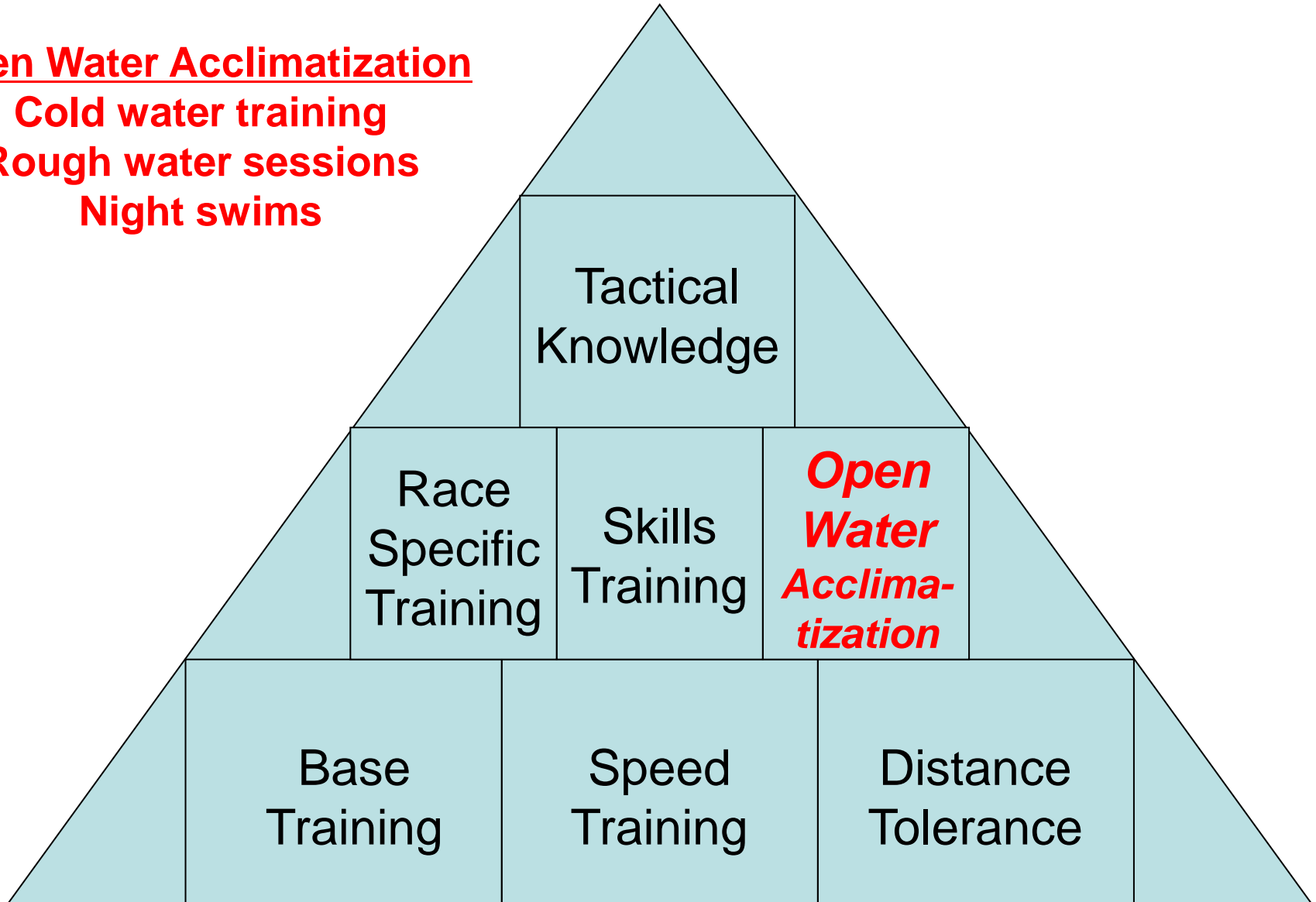
Skills Training
Feeding practice
Drafting strategies
Veering techniques



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Open Water Acclimatization

Cold water training
Rough water sessions
Night swims



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Tactical Knowledge

What are their pool times?

What are their temperature tolerances?

What is their level of aggressiveness?

